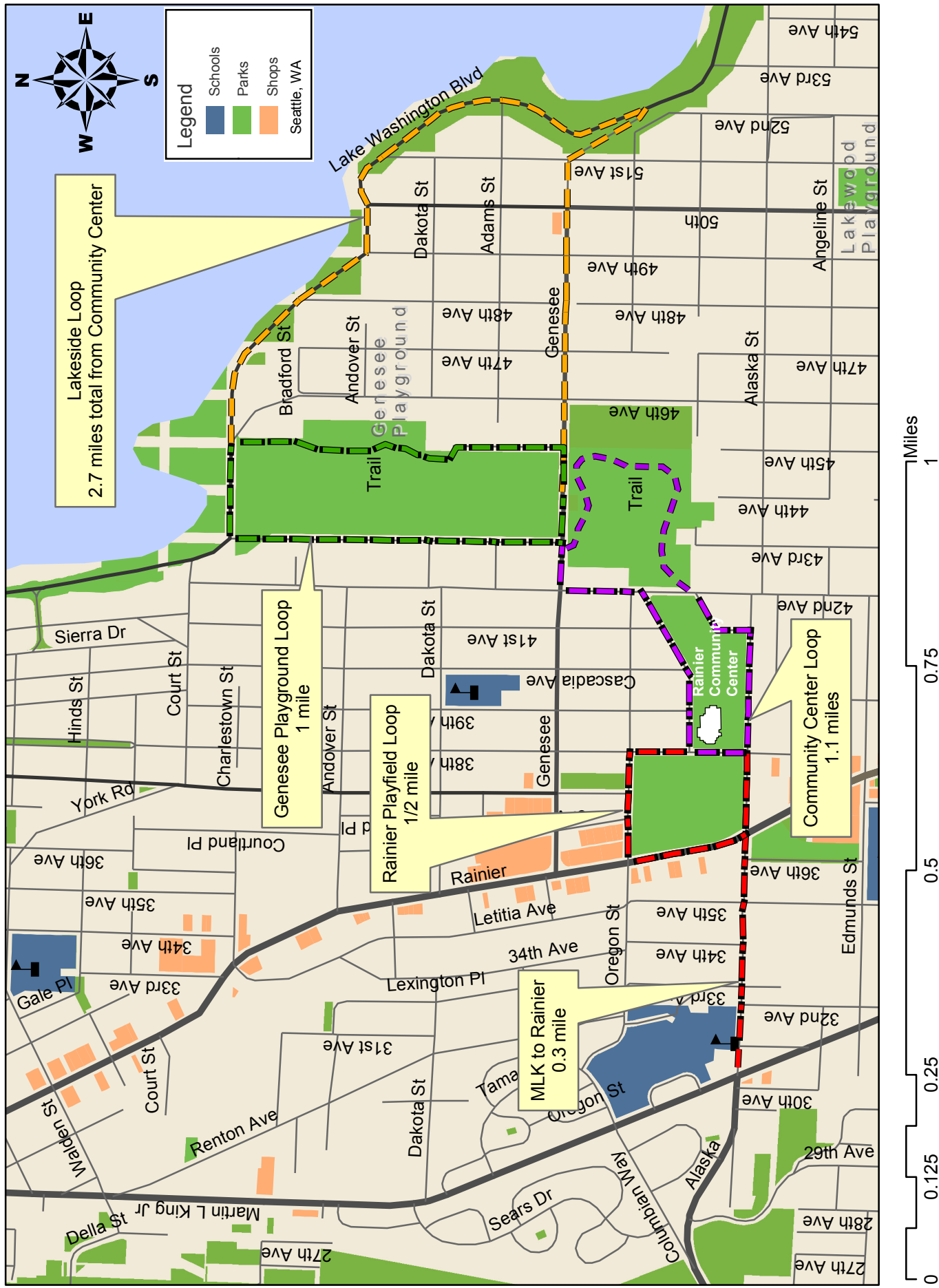


# Rainier Vista & Rainier Community Center Walking Map



# LET'S GO FOR A WALK!

## PHYSICAL ACTIVITY IS FOR EVERYONE

- Older adults, even those who are frail, can improve their health and independence by being more physically active.
- Physical activity doesn't have to be strenuous to benefit your health... walking, gardening, and dancing are great!
- For people who are not physically active, even small increases can improve their health and well-being.
- Aim for at least **30 minutes of activity, five days a week.**

## SOME OF THE BENEFITS OF REGULAR PHYSICAL ACTIVITY

Improves your energy, mood, sleep and mental alertness  
Reduces aches and pains  
Reduces risk of falling, diabetes, and cardiovascular disease  
Helps to maintain independence

## TIPS FOR SAFETY AND FITNESS

- ✓ **Check with your doctor.** It's always wise to get advice from your doctor before making a big change in your physical activity. Ask about what types of physical activity are best for you and how to best avoid injury.
- ✓ **Drink plenty of water every day,** especially before and after any physical activity. Don't wait until you feel thirsty.
- ✓ **Pay attention to your pain.** It's common to feel a little soreness, especially when you first start a new activity. But serious muscle pain, neck or low back pain, cramps or nausea can be signs of serious injuries. See your doctor if these symptoms persist.
- ✓ **Consider expanding your physical activity regimen.** Once you're comfortable with your new walking routine, think about adding activities for strength training, flexibility and balance.

